

Hồi Hương Công Đức(Buddha Chant)

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Hồi Hưởng Công Đức: Passing Achieved Merits

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| 1. Nguyên đem công đức này | 1. May our merits and virtue |
| 2. Hưởng về khắp tất cả | 2. Benefit all sentient beings |
| 3. Đệ tử và chúng sanh | 3. May we realized the truth |
| 4. Đều trọn thành Phật đạo | 4. And become enlightened |

Merit (Công Đức)

- Definition: Positive spiritual currency from doing good karma(actions)
 - Opposite meaning: “Demerit” or don’t have enough merit
- Usage
 - Fulfill our wishes: Physical, Emotional, Spiritual
- Other Names
 - Sanskrit: punya
 - Pali: punna
 - Chinese: gong de
 - Japanese: kudoku
 - Tibetan: bsod nams

Three Bases of Merit-Making (Lấy Công Đức)

1. Giving (Generosity)

- a. Anything involving your time and energy to a sentient being(s)
- b. Helping in varies: meals, teaching, wisdom, gifts, wealth, etc.

2. Moral (Virtuous) Behaviors

- a. Three out of the Noble Eightfold Paths (Bát chánh đạo)
 - i. Right Speech, Right Action, Right Livelihood

b. Five Precepts (Ngũ Giới)

- i. Restrain kill any sentient beings
- ii. Restrain from stealing
- iii. Restrain from harming other people
- iv. Restrain from lying
- v. Restrain from drugs to cloud your mind

3. Mental (Meditation) Development

- a. Mindfulness of our six senses
 - i. Taste, Sight, Touch, Smell, Sound, and Mind
- b. Varies: Sitting, Eating, Walking, etc.